

Target heart-rate chart

AGE IN YEARS	PHYSICAL CONDITION OF INDIVIDUAL		
	LOW	MEDIUM	HIGH
15 – 20	130 - 133 BPM	140 – 143 BPM	150 – 153 BPM
20 – 25	126 – 130 BPM	136 – 140 BPM	146 – 150 BPM
25 – 30	123 – 126 BPM	133 – 136 BPM	142 – 146 BMP
30 – 35	120 – 123 BPM	130 – 133 BPM	139 – 142 BPM
35 – 40	117 – 120 BPM	126 – 130 BPM	135 – 139 BPM
40 – 45	113 – 117 BPM	122 – 126 BPM	131 – 135 BPM
45 – 50	110 – 113 BPM	119 – 122 BPM	128 – 131 BPM
50 – 60	104 – 110 BPM	112 – 119 BPM	120 – 128 BPM
70+	97 – 104 BPM	105 – 112 BPM	112 – 120 BPM